

NOVEMBER



Pick a **better snack**™




**PLAY
YOUR
WAY.

ONE
HOUR
A DAY.**

www.idph.state.ia.us/pickabetersnack



Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically. Turn the card over for more fun!

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.



MOM TO MOM

Recently my seven-year old and ten-year old girls have started to change their picky eating habits. Their nutrition educator Jennifer comes to their classroom on a regular basis and gives them tastings of fruits and vegetables. Now they tell me they would like me to buy broccoli, kiwi and grapefruit. Those are words I never thought I'd here when they were younger, but I'm so glad they are encouraging all of us in the family to eat healthy foods.

~ Jodi, Mother of two.

REAL QUESTIONS. EXPERT ANSWERS.

IF FOOD IS REHEATED TO A HIGH ENOUGH TEMPERATURE WILL IT BE SAFE TO EAT, EVEN IF I LEFT IT OUT TOO LONG?

FOR ANSWERS TO THIS AND OTHER QUESTIONS, CALL
IOWA STATE UNIVERSITY'S ANSWERLINE
800-262-3804 OR EMAIL ANSWER@IASTATE.EDU.

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ONE HOUR A DAY.**



Parks are a great place to be active. Go to www.iowadnr.gov/parks/ to explore parks near you. While at the park take a hike! Look for these ten items when you walk, whether it's around your block or at a park! Can you spot them all?

- | | |
|-----------|----------------|
| 1. Leaf | 6. Bird's nest |
| 2. Acorn | 7. Feather |
| 3. Tree | 8. Water |
| 4. Animal | 9. Pinecone |
| 5. Rock | 10. Bird |

Adapted from Penn State Cooperative Extension.

Children naturally love to move their bodies, but adults need recess too! Head to the neighborhood playground and help your kids swing, slide, and climb on the monkey bars. Children love spending time with their parents. Play a game of tag, hide and seek, or Frisbee™. Kids can create a new twist on an old favorite to make it fun. Get a giant Frisbee™ to throw, or find a new variation for tag.

CHILD'S NAME

has played Pick a **better** snack™ bingo this month.

SIGNATURE